

Villanova University Counseling Center *SPRING 2026 GROUPS*

Connection and Resilience

Find support during difficult times and build resilience through the connection to others. Held the first Tuesday of each month at the Counseling Center at 3:30

DBT Skills: Building Resilience

Learn skills of mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness in this four-part series. Led by Dr. Nathalie Edmond at the Counseling Center on select Mondays (2/2*, 2/9, 2/16, 2/23) at 3:30 *ACS Approved

First Generation Student Support

Find a space for reflection and support as you navigate the experience of being the first generation of your family to attend college. Led by Dr. Kap Nayar in the SUITE on Tuesdays at 5pm

LGBTQIA+ Support

Find community and support while on the journey of your sexual identity. Led by Drs. Victoria Ostroff and Candice Post at the Counseling Center. Day and time TBD

Loss of a Loved One

Experience support and as you endure the grieving process that comes with the loss of a close loved one. Led by Dr. Candice Post at the Counseling Center. Day and time TBD

Roadmaps for Life Transitions

Prepare for life's transitions by discovering your strengths and values, and learning skills to build resilience and confidence. Led by Dr. Julia Stein at the Counseling Center on 1/27, 2/3, 2/10, 2/17, 2/24 from 4:30-6:00

Substance Use and Recovery

Find support in your decision to change your relationship with substances. Led by Sean Dinan, LCSW, CAADC, at the Counseling Center on Fridays at 11:30

Tales Yet Told

A therapeutic gaming group where students come together to tell stories, build worlds, and connect through tabletop role-playing games like Dungeons & Dragons. Led by Dr. Tedd Riccio on Wednesdays from 5-7 at the Counseling Center

Wind Down Wednesdays

Find community and support for your experience as a BIPOC student at a PWI. Led by Drs. Kirsten Curtis and Nona Sharp in the SUITE every other Wednesday (starting 1/21) at 5pm



Scan here for more information on how to get involved!

Or give us a call: 610-519-4050